



A Monthly Publication of Ben Glass Law
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Meet Dixon Hemphill, THE 90-YEAR-OLD WORLD RECORD HOLDER

by Ben Glass

Dixon Hemphill is unlike any man I've ever met, and that's saying something. When you meet a 90-year-old, you tend to make assumptions about their capabilities, their mindset, and their goals. Not only is Dixon Hemphill one of the liveliest men I've ever met, he's one of the most positive, optimistic, and can-do people I've ever come across.



Goblin Gallop supports families of children with cancer.

And get this - his world record? *It's in running.*

In March, Dixon, along with three other 90+ year-old runners, set the Masters Running world record for the 4x800m relay (two miles, and they clocked in at 29:47.68). We brought Dixon in to our green screen video studio to talk about life, running, and what happens next.

"In 2014, I was in my late 80s, and three other 80-year-olds and I ran a 4x800 meter race," says Dixon. "And I was the anchor man. As I came in, the announcer said, 'Here comes Dixon Hemphill, and this relay team is setting a world record.' Well, we couldn't believe it! We went around high-fiving everybody and we were so excited about it. And, lo and behold, the record lasted about two weeks and it was beaten by a German team."

But this year, Dixon and his team won it back for the 90+ category. Dixon has since been covered by the Washington Post, among others, and he's truly an inspirational person to speak to. He's always learning, always healthy, and a permanent optimist. Seriously, this guy doesn't look a day over 65, it's incredible.

When I asked Dixon for some life advice for our readers, he had this to say, "I think probably the most important thing is to have a positive outlook on life. There are lots of things that can happen during a person's life that might discourage them in one way or another, but they've got to think positively."

Every year, Dixon puts on a 5K for kids right around Halloween. It starts at Fairfax Corner and is a family-friendly 5K, with many kids running in costume. It's called the Goblin Gallop 5K (www.goblingallop.org) and is in its 22nd year. The run supports the John Quadrino Foundation, which supports families of children with cancer.

Dixon is currently looking for a major sponsor for his event! If you want to help out, contact staff@benglasslaw.com and we will get you in touch with Dixon. And, of course, if you'd like to see the full video of our interview with Dixon, you can visit our YouTube channel. Just search on YouTube for Dixon Hemphill or Ben Glass! ■

In this issue...

- **Page 1** Meet Dixon Hemphill, The 90-Year-Old Record Holder
- **Page 2** What Every Parent Should Know about Video Games
- **Page 3** BGL's Best Bites: Cilantro-Lime Cucumber Salad
- **Page 4** Mixing Fun and History for the 4th of July

THE DONUTS FOR DOCTORS PROGRAM CONTINUES TO BE A HIT!



We're overjoyed to say that the Donuts for Doctors has been going very well. Our Outreach Coordinator,

Laura, truly

enjoys going to see the doctors that you are all sending our way. The picture here is of our book about long-term disability cases, Robbery without a Gun, in a doctor's office with the donuts that we brought that day!

Do you have a doctor in the Northern Virginia area that you want to reward for their services? Let Laura know! Email her at Outreach@BenGlassLaw.com!

WHAT EVERY PARENT SHOULD KNOW THIS SUMMER ABOUT VIDEO GAMES



Special Contribution from Colin Lynch and Charley Mann

(Note from Ben: I'm letting the 20-somethings in the office take a crack at convincing me that video games aren't terrible. They've made some good points below, but I'm still going to opt for museum visits and soccer games this summer.)

Video games are quite likely part of your kids' lives. It may be on their phone instead of a console (such as Xbox or PlayStation) or computer, but the size of the game doesn't matter. It's really the content of the game that makes a difference.

First things first, we're not advocating letting little Johnny or Susie spend all their time playing video games. We think that going for a bike ride, reading a book, or kicking a ball in the backyard are the best ways to spend the summer. All we want to do is help you, the parent, be able to make informed decisions about what the good and the bad of games can be.

1 Get involved and ask questions. Don't treat games as just something your kids do on their own. Find out what your kid is doing on the games. Give him or her a chance to share with you why they like playing the game. Some parents have found that their kids like playing a game like Minecraft because they get to build cool buildings and go on adventures in a digital space with their friends from school. Get them to share what they're creating in the game. If it looks like they really are exercising some creative skills, time spent on Minecraft might not be so bad – especially if they are working with a team of friends they know in real life to build things. The more you know about the actual games, the more you can make sure they're not idly melting brain cells while shooting zombies. You may even find a game that both of you can play together!

2 Set reliable limits. You do need to set boundaries. Homework needs to be done, practicing a musical instrument should come first, and dinnertime needs to be respected. If possible, don't make it random when you cut off video games. If Johnny is in the middle of a

team adventure in which he is leading the team (hey, he's working on his leadership skills – not a bad thing to do!), he will be frustrated if you pull the plug. But if you've already said that the games must be turned off by 9 p.m., you're not to blame when that time comes around. The limit has already been set and agreed upon.

3 Understand the pros and cons (and avoid jumping to conclusions). There are indeed studies that show the positives and the negatives of video games. But you have to take them with a grain of salt. If Susie is playing a game that has her shopping for outfits with Kim Kardashian (yes, this is a real game – see, asking questions is important), that's not exactly helpful. But if she is playing Words with Friends with a few friends from school, then she's really engaged in a game of digital Scrabble. That's not so bad. There are games that emphasize math skills, logic/reasoning, and problem solving. The problem is that so many games are just about shooting, slashing, and other nonsense. There are games like Monument Valley, which is about solving puzzles, and then there are games like Call of Duty, which is just a lot of violence.

Really, it comes down to not being passive about video game usage. If you're not paying attention to what is being played, that's where the problem really lies. And you might be missing out on have some fun with your kid. ■

— continued from back page

Mixing Fun and History for the 4th of July

- 5 How about some other things for the family? Make a red, white and blue-themed dessert. Get your kids to create Independence Day-themed art. Run in one of the many 4th of July 5Ks in the area. Use the day as an excuse to kick back with a glass of wine and a good book while the kids run around the backyard.

Of course, stay safe on this holiday. This year, Independence Day falls on a Saturday, which likely means even more people on an already crowded day for traffic. Plan accordingly. And if you get in an accident (which we

really hope doesn't happen), make sure you take pictures and get in touch with the police.

Also, be cautious with fireworks. Here's some wild stats on the subject: In 2011, fireworks caused an estimated 17,800 reported fires, including 1,200 total structure fires, 400 vehicle fires, and 16,300 outside and other fires. These fires resulted in an estimated 8 reported civilian deaths, 40 civilian injuries and \$32 million in direct property damage.

Be safe and have fun! ■

BGL's Best Bites JELLO PUDDING POPS

by Sandi Glass

Supplies Needed:

Ice Pop Maker
(You can easily get one of these on Amazon or even at your local supermarket!)

Popsicle sticks (the maker above comes with a supply)

3.3 oz Instant Jello Pudding – White Chocolate Flavor

Red and Blue food coloring

1 1/2 cups cold whole milk

Instructions:

Prepare Jello by mixing pudding mix with milk. (Note: This is less milk than the box directions call for. This makes the pudding pops richer and creamier.) Divide the pudding into three bowls and add a few drops of food coloring. Stir well.

Divide the pudding into plastic baggies and snip off the corners. Use the plastic baggies to fill the mold by piping each layer in individually. Start with red, then white, then finish with blue. Give the mold a few raps on the counter after each color to smooth out the layers.

Freeze at least 2-3 hours, or overnight. To remove Jello Pudding Pops from popsicle molds, fill sink with hot water and dip bottom of popsicle mold in the hot water. Remove pudding pops by pulling gently. *Makes 4 pudding pops (double or triple as needed).* ■



Reminder About Our Firm's Communication Policy

Our promise to you is that while we are working on your case, we don't take inbound phone calls, faxes or emails. Ben Glass takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 703-544-7876, and schedule an in-person or phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So if it's really important, don't email—call the office instead.

This publication is intended to educate the general public about personal injury, medical malpractice, and small business issues. It is not intended to be legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

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Inside This Issue...

- » We recently made friends with a 90-year-old world record holder
- » The Good, the bad, and the ugly of parenting in the world of video games
- » 4th of July Pudding Pops
- » And much more...

Mixing *Fun* and History for the 4th of July

(Put this on the fridge so you won't be wondering what to do when the day comes around!)

While I'm writing this too early on to be able to offer you a forecast for the nation's birthday, hopefully, we'll all have a chance to spend some time outside to celebrate. (By the way, one of our team members, Mairim, tells me that the "Dark Sky" app is the absolute best weather app available.)

Here are a few places to go and things to do for you and your family on the 4th of July this year:

- 1 Check out **An American Celebration** over at Mount Vernon. There's FREE BIRTHDAY CAKE! Plus, you can witness a naturalization ceremony and military reenactments. (www.mountvernon.org)
- 2 If you're a little further south, George Washington's boyhood home of **Ferry Farm** will have family-friendly activities, games and reenactments. (www.ferryfarm.org/events.html)
- 3 Want to see a parade? You can go into D.C. for the **National Independence Day Parade** at 11:45 a.m. (Google for more details) or just stay local for a parade through the **historic City of Fairfax** (www.fairfaxva.gov/specialevents).
- 4 Prefer fireworks? You can camp out on the **National Mall in D.C.** for the 9 p.m. show or stay local for the fireworks that are set off at **Fairfax High School**.

